



Veggie Tikka Masala

with Basmati Rice and Coriander

Classic Eat Me Early • 35 Minutes • Very Hot • 3 of your 5 a day • Veggie

20



Onion



Garlic Clove



Bell Pepper



Green Beans



Courgette



Basmati Rice



Tandoori Masala



Chilli Flakes



Ginger Purée



Tomato Purée



Crème Fraîche



Coconut Milk



Vegetable Stock Powder



Coriander

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Garlic Press, Measuring Jug, Saucepan, Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Bell Pepper***	1	2	2
Green Beans**	80g	150g	150g
Courgette**	1	1	2
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Tandoori Masala	1 small pot	¾ large pot	1 large pot
Chilli Flakes	1 pinch	1 pinch	1 pinch
Ginger Purée	½ sachet	¾ sachet	1 sachet
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water for the curry*	150ml	225ml	300ml
Crème Fraîche 7)	75g	100g	150g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	780g	100g
Energy (kJ/kcal)	2903/694	372/89
Fat (g)	31	4
Sat. Fat (g)	24	3
Carbohydrate (g)	88	11
Sugars (g)	20	3
Protein (g)	15	2
Salt (g)	1.48	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

Contact

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HelloFresh UK

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You can recycle me!



1 Prep

Halve, peel and chop the **onion** into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Halve the **pepper** and discard the core and seeds.

Chop into 1cm sized chunks. Trim the **green beans** and chop into thirds. Trim the **courgette**, quarter lengthways and cut into 1cm chunks.



2 Cook the Rice

Put the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. Stir in ¼ tsp of **salt** and the **rice**, pop a lid on the pan and lower the heat to medium. Cook for 10 mins, then remove the pan from the heat and set aside for another 10 mins or until you are ready to serve - the **rice** will continue cooking in its own steam.



3 Start the Curry

Heat a drizzle of **oil** in a large frying pan over medium heat and add the **onion**. Cook, stirring occasionally, until softened and starting to turn golden, 6-7 mins. Add the **pepper** to the pan with the **onions**, stir and cook for 1 minute. Stir in the **tandoori masala mix** and a pinch of **chilli flakes** (don't add too much, they're hot!) and cook for 30 seconds. Now add the **ginger purée**, **garlic** and **tomato purée**, stir and cook for another 30 seconds.



4 Cook the Curry

Pour in the **water** (see ingredients for amount), the **crème fraîche**, **coconut milk** and **vegetable stock powder**. Bring to the boil, stirring to combine, then reduce the heat to medium, stir in the **green beans** and **courgette**, cover the pan with a lid (or some tin foil) and simmer until the **veg** are almost tender, 8-9 mins. Remove the lid and allow to simmer until the **mixture** has thickened and the **veggies** are cooked through, 3-4 mins, stirring occasionally.



5 Finish Up

Meanwhile, roughly chop the **coriander** (stalks and all). When the **curry** is cooked season to taste with **salt** and **pepper** if needed and stir in **half** the **coriander** (now is also the time to add some more chilli flakes if you want more kick). **TIP:** Add a splash of water if it's looking a bit thick.



6 Serve

Fluff up the **rice** with a fork. Serve the **rice** in bowls topped with plenty of **veggie tikka** and the remaining **coriander**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.